



South Coast Yoga Meditation Retreat

you are invited to this special
7-day retreat
28th Sept - 5th October 2023

Retreat offers a priceless opportunity to unplug from the demands of life,
to rest, heal, restore and rejuvenate
to reconnect with yourself and with nature, and to listen deeply
at a beautiful secluded location

immerse in twice-daily gentle yoga, meditation and contemplative practices,
lead by Gwynne Jones, highly experienced and intuitive yoga teacher, and yoga therapist.

welcome to Urimbirra



a beautiful private country estate, at Tilba Tilba, South Coast of NSW

On the flank of the sacred mountain Gulaga – the mother mountain
for the Yuin people; not far from the pristine Sapphire Coast

The Daily schedule

each day will begin and end with yoga and meditation:

a slow flow in the morning (7 – 8.30am);

a soft restorative practice in the late afternoon with yoga nidra (4.30 - 6pm)

with pranayama pratyahara and meditation in both sessions

between, will be plenty of time to unravel, walk, read in the gardens, swim ...



one day we will hike up Mt Gulaga
[NB in the more detailed notes later, I think best to say 5 hrs return, hard climb; bring appropriate footwear/ backpack/ hat/ water bottle etc]
and most days will include a gentle walk and swim at magical Mystery Bay.

Other activities include a visit from Ayya Jitindriyā and Samaneri Jayasāra,
the Buddhist nuns from nearby Viveka Hermitage, to give a
dhamma talk and guided meditation

& immersion in a special healing sound journey with crystal bowls

you will be nourished and supported with delicious seasonal wholefood (vegetarian) meals
from ayurveda and eastern macrobiotic traditions
prepared by our in house chef Adrian Ward (Pulse Ayurveda).

Gwynne will offer a cooking lesson for “regeneration and healing”
including seasonal healing medicine foods and remedies.



Included in the retreat:

all meals and snacks - vegetarian
8 Days, 7 nights luxury accommodation
each spacious bedroom has a kingsize bed, and private ensuite bathroom
(one room can be converted to 2 x singles)
Included also are bedlinen, bath towels, bath salts, body cleanser, body lotion
all yoga props and equipment

What you are responsible for:

your transport, and associated transport costs to and from the retreat location
(approx 6 hr drive from Sydney)

your personal toiletries

do bring a beach towel, bathers, hiking or sturdy walking shoes

warm clothing, a scarf or wrap, a suitable outdoor jacket.

You are encouraged to pack light and bring only what you truly need

there's no need for devices, makeup or good clothes

The cost:

non refundable deposit \$2,000

remaining payment: for private king size room, with ensuite \$1,800

or

remaining payment: for each person in share room, with ensuite \$1,000

For further information, and to register your interest please contact Gwynne Jones:

e: gwynne@gwynnejonesyoga.com

m: 0414 579 446



We respectfully acknowledge the Yuin people, the original inhabitants of this area,
and pay our respects to their elders, past, present and emerging.